



GARDEN *of* AYDEN
BY SUKAIYNA GOKAL



Online Version

INSTRUCTIONS: Date the document and put a % of how much you believe each one to be true. Review your answers at the end of the Course and put a new %.

THE RULES

- 1. The power of our thoughts and mindset has a direct impact on our physical health.
- 2. We shape our own reality through our expectations, also known as the law of expectancy.
- 3. Emotions often overpower reason and shape our imagination, which is the language of the subconscious. This is referred to as the law of conflict.
- 4. Conflicting ideas in the subconscious lead to cognitive dissonance, creating stress and potentially resulting in neurosis and dysfunctional behaviour. This conflict reveals our true beliefs.
- 5. To change our behaviours, we need to shift our thought patterns. Transforming subconscious beliefs takes time and practice. It is achievable.
- 6. Over 70% of health issues are functional, not organic, meaning they stem from mental stress rather than physical causes.
- 7. Once a self-suggestion is accepted by the subconscious, repeated practice makes it easier to act upon. This is known as the rule of compound suggestion.
- 8. Believing strongly in your own expectations can make anything possible. Foster a positive outlook and expect good things to happen.